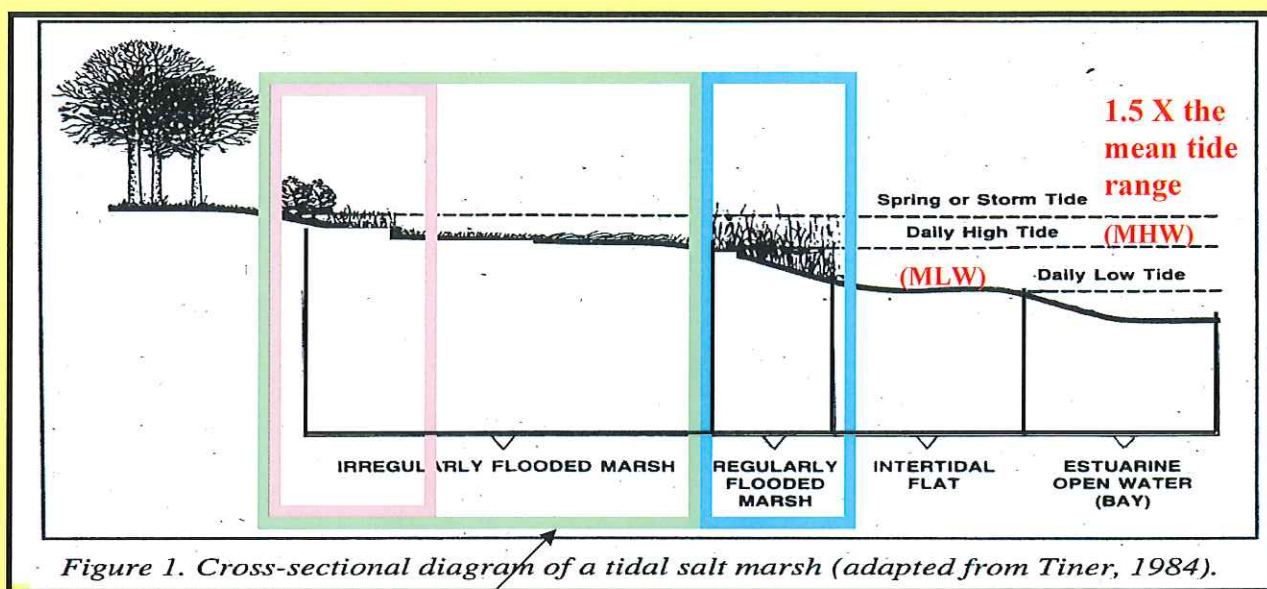


Native Plants For Wetland Restoration And Enhancement: A Source Guide



Zone Key

Common Name

Scientific Name

Vegetated Wetland - Zone Key

- Intertidal Marsh
- High Marsh
- Brackish Marsh

Rose Mallow— *Kosteletskyia virginica*

Large showy blooms. Plant more for aesthetics than wildlife benefits. Survives well in upland

Sources: 1, 4, 6, 10

Plant Height: 2-4'

Sun/Shade Requirements and Blooming Period: Full sun, Jul-Aug

Salinity Regime: 0-10 ppt, plant above mean high water in irregularly flooded areas.



This guide was prepared by Kevin Du Bois of Norfolk's Bureau of Environmental Services to provide citizens with information that could be used for wetland restoration or to enhance existing wetlands with native wetlands plants to add beauty and plant diversity.

Updated 12/23/13

Smooth Cordgrass: *Spartina alterniflora*

Provides habitat for juvenile crabs, juvenile finfish, food for geese, rails and sparrows. Prevents shoreline erosion.

Sources: 1, 3, 4, 6,



2-7'



Full sun, Jul-Sept



0-35 ppt., Intertidal - Plant between mid-tide level and MHW.



Spike Grass - *Distichlis spicata*:

Food for shoveler and , teal ducks, Canada geese, and other waterfowl.

Sources: 1, 4, 6



8-16"



Partial shade, to full sun, but prefers full sun. August-October



0-50 ppt., plant above MHW but within the area flooded by spring and moon tides.



Saltmeadow Hay—*Spartina patens*

Good cover and nesting, food for geese, black ducks, sparrows and rails.

Sources: 1, 3, 4, 6,



1-3'



Full sun, Jul-Sept.



0-35 ppt, plant above MHW



Marsh Hibiscus - *Hibiscus moscheutos*

Nectar source for ruby-throated hummingbirds. Grows well in uplands.

Sources: 1, 3, 4, 6, 10, 13



4-7'



Full sun, July-Sept.



0-15 ppt, plant above mean high water in irregularly flooded areas.



Black Needlerush- *Juncus roemerianus*

Food for wildfowl, marsh birds and song-birds, and muskrats, spawning grounds or fish, cover for marsh wrens.

Sources: 1, 3, 4, 6, 13



1-4'



Full sun, May-Oct.



0-25 ppt.; brackish and salt marshes, plant above mean high tide to spring tide level



Rose Mallow— *Kosteletskyia virginica*

Large showy blooms. Plant more for aesthetics than wildlife benefits. Survives well in upland.

Sources: 1, 4, 6, 10, 13



2-4'



Full sun, Jul-Aug.



0-10 ppt, plant above mean high water in irregularly flooded areas.



Sea Oxeye—*Borrichia frutescens*

Attracts butterflies,
can be used as a
small flowering
hedge



Source: 6 (seed)



1-4'



Full sun, blooms summer through fall



Found along the upper edges of salt marshes,
but may endure brackish conditions and diverse
soil types.

Sea Lavender—*Limonium carolinianum*

Small delicate purple
flowers, sometimes used
in dried flower
arrangements



Sources: You tell me!



1-2'



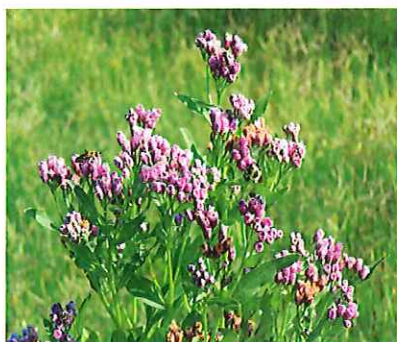
Full sun, July to October



0-30 ppt., high salinity tolerance but
usually found above mean high water in
high marsh meadows.

Saltmarsh Fleabane—*Pluchea purpurascens*

Attracts butterflies
and bees.



Sources: 4, 8, 13



1-5'



Full sun, Jul-Aug.



0-20 ppt., plant above mean high water in
areas of irregular inundation.

Seaside Goldenrod—*Solidago sempervirens*

Found in dunes and coastal
marshes, attracts butterflies
and other beneficial in-
sects, beneficial for small
mammals and migratory
songbirds



Sources: 3, 4, 13, 14



1-6'



Partial shade to full sun, but prefers full sun,
Jul-Nov.



0-10 ppt., plant above MHW

Swamp Rose - *Rosa palustris*

Birds and other animals
use the fruits for winter
food. Provides nesting
sites for birds.



Source: 6,



1-7'



Full sun to light shade, but prefers full sun,
Jun-Oct



< 0.5 ppt., can tolerate regular inundation
in freshwater habitats.

Annual Saltmarsh Aster - *Aster subulatus*

Attracts butterflies and
beneficial insects.



Sources: You tell me!



1-3'



Full sun, Jul-Oct.



Irregularly flooded areas of the high marsh.
Also found in brackish areas, or the marsh
border/upland edge.

Swamp Milkweed: **Asclepias incarnata:**

Nectar source for butterflies and beneficial insects.

Sources: 3, 4, 6, 10, 13, 17



Up to 6'



Full sun, Jun - Aug.



0-5 ppt.

Spotted Joe-Pye Weed—**Eupatorium maculatum**

Nectar source for butterflies

Sources: 3, 5, 11



3-5'



Sun to light shade, Jul. - Sept.



Found in brackish and freshwater marshes and wet meadows

Tall cordgrass: **Spartina cynosuroides**

Benefits migratory songbirds, waterfowl and small mammals. Stabilizes the soil.

Sources: 1, 3, 6



3-10'



Full sun



0-10 ppt., plant between MHW and spring tide level in brackish and tidal fresh marshes

Perennial Salt Marsh Aster: **Aster tenuifolius**

Attracts butterflies and beneficial insects.

Sources: **You tell me!**



0.5-2'



Full sun, Aug. - Oct.



Irregularly flooded areas of the high marsh. Also found in brackish areas, or the marsh border/upland edge.

Jewelweed—**Impatiens capensis**

Attracts hummingbirds, butterflies, migratory songbirds and small mammals. Stem juice thought to be a remedy for poison ivy itching.

Sources: 11



1-5'



Partial shade to full shade, Aug -Oct.



Found in fresh and low salinity brackish marshes

Marsh Pink—**Sabatia stellaris**

Just plain attractive! Showy, but diminutive.

Sources: **You tell me!**



1-2'



Full sun, July - Oct.



Grows on open sandy soils at the upper edges of salt and brackish marshes

Lizard's Tail—*Saururus cernuus*

Valued by wood ducks. Drought resistant.

Sources: 1, 3, 4, 6, 11, 12, 13, 17



2-4'



Partial shade to full sun,



<0.5 ppt., naturally - plant in brackish marshes, but appears to tolerate dry growing conditions.

Cardinal flower—*Lobelia cardinalis*

Nectar source for butterflies and hummingbirds.

Sources: 3, 4, 5, 6, 9, 11, 12, 13



2-7'



Full sun to partial shade, Jul - Oct.



<0.5 ppt., plant in brackish and freshwater marshes

Marsh Marigold - *Caltha palustris*:

Provides browse and seed for wildlife.

Source: 2, 3, 5, 11



1-2'



Full sun (best) to light shade, Apr. - Jun



Low growing plant found in freshwater swamps, wet meadows and forested wetlands.

Blue Water Iris—*Iris versicolor*

Food for waterfowl migratory songbirds, and small mammals.

Sources: 1, 3, 4, 5, 6, 10, 11, 12, 17



1-3'



Partial shade to full sun (requires full sun for flowering), May-Jun



< 0.5 ppt. Freshwater and brackish marshes

Button Bush - *Cephalanthus occidentalis*

Food for ducks and deer. Nectar for hummingbirds, nesting for VA rail and blackbird.

Sources: 1, 4, 5, 6, 10, 11, 12, 13



6-12'



Tolerates full shade but flowers best in partial shade and full sun, Jul—Aug



Tolerates infrequent flooding by saltwater. Can be permanently inundated with freshwater.

Sweet Flag—*Acorus calamus*

Food and cover for waterfowl and small mammals.

Sources: 1, 4, 11, 12, 13, 17



2-3'



partial shade to full sun, Apr. - May



0-10 ppt, plant near mean high water or areas of regular inundation in brackish marshes

Key For Sources of Wetland Plants



1. Naturescapes: 4075 Vicksburg Road, Suffolk, Virginia, 23437 (757) 539-4833
2. Enviro-Seeds, 195 Miller Road, Slippery Rock, PA 16057 (724) 794-4467
3. Pinelands Nursery: 323 Island road, Columbus NJ 08022 (800) 667-2729 www.pinelandsnursery.com
4. Environmental Concerns Inc: Columbus NJ, (800) 667-2729 or (609) 291-9486 (410) 745-9620
5. Ernst Conservation Seeds: 9006 Mercer Pike, Meadville, PA 16335. (800) 873-3321, ernstsales@ernstseed.com
6. Mellow Marsh Farm: 1312 Woody Store Road, Siler City, NC 27344 • Phone: (919) 742-1200, Fax: (919) 742-1280
7. California Native Plant Society (CNPS), Sacramento Valley Chapter—contact them at www.sacvalleycnps.org
8. Bog Plants—see <http://www.pondplants.com/ibp-3.html#151>, 800.578.LILY (5459)
9. Niche Gardens: 1111 Dawson Road, Chapel Hill, NC 27516. (919) 967-0078; www.nichegardens.com
10. Easy Living Wildflowers, P.O. Box 522, Willow Springs MO 65793, (417) 469-2611
11. Signature Horticultural Services. 19960 Gore Mill road, Freeland, MD 21053 (410) 329-6466
12. Cullipher Farm Market, 1444 Princess Anne Road, Virginia Beach, VA 23456. (757) 721-7456
13. Wild woods Farm—Vickie Shufer. (757) 421-3929. www.ecoimages-us.com
14. Southern Branch Nursery - Eric Gunderson. (757) 373-7763 1412 Benefit Road, Chesapeake VA 23322
15. Mid-Atlantic Natives—Kurt & Linda Kurzmiller, (717) 227-0924, 12506 Susquehanna Trail South, New Freedom PA 17349. www.midatlanticnatives.com
16. Southern Branch Nursery, Eric Gunderson, 1412 Benefit Road, Chesapeake, VA (757) 373-7763 regunderson1@gmail.com
17. Sylva Native Nursery and Seed Company: 3815 Roser Road, Glen rock PA 17327 (717) 227-0486, sylvanat@aol.com, www.sylvanative.com

Other Sources of Information

1. Native Plants for Wildlife Habitat and Conservation Landscaping: <http://www.nps.gov/plants/pubs/chesapeake/toc.htm>